



PERFORMANCE ANALYSIS

The WINSPORT Personal Performance Laboratory, powered by the Canadian Sport Institute, is pleased to offer sport performance analysis to the public.



**PERFORMANCE
TRAINING CENTRE**



PERFORMANCE ANALYSIS

Every training plan has a starting point. If you have a goal and are committed to achieving your personal best, consider beginning your journey with sport performance analysis. At the WINSPORT Personal Performance Laboratory, we provide the highest standards of excellence and quality to help you reach your training goals.

WINSPORT Personal Performance Laboratory Services

- Aerobic Power Analysis
- Metabolic Efficiency Analysis
- Critical Power Analysis
- Critical Speed Analysis
- Force Velocity Curve Analysis
- Power Analysis
- Movement & Technique Analysis
- Sport Specific Strength and Flexibility Analysis
- Anaerobic Wingate Analysis
- Advanced Body Composition

For more information on Performance Analysis Services and how to incorporate this into a custom training program:

**visit winsport.ca or contact us at
ptclab@winsport.ca 403-247-5405**

